

**THE WEST HARTFORD TEEN CENTER AND SAVAGE HOUSE
PRESENTS**

SMALL GROUP PERSONAL TRAINING

AT THE ELMWOOD COMMUNITY CENTER

HIGH INTENSITY CLASS -

SEPTEMBER 28 FROM 2:00-3:00PM

STRENGTH CLASS -

OCTOBER 5 FROM 2:00-3:00PM

CORE & CONDITIONING CLASS -

OCTOBER 12 FROM 2:00-3:00PM

SIGN UP REQUIRED

MAX PARTICIPANTS - 20

